

# 4 WAYS TO GET AHEAD OF SEPSIS

**GET AHEAD  
OF SEPSIS**

KNOW THE RISKS. SPOT THE SIGNS. ACT FAST.

**Infections put you and your loved ones at risk for a life-threatening condition called sepsis.**

Sepsis is the body's extreme response to an infection. It is a medical emergency, and without timely treatment, it can rapidly cause tissue damage, organ failure, and death. Sepsis happens when an infection you already have — in your skin, lungs, urinary tract, or somewhere else — triggers a chain reaction throughout your body.

**Anyone can get an infection, and almost any infection can lead to sepsis.**

## 1 | PREVENT INFECTIONS

Talk to your doctor or nurse about **steps** you can take to prevent infections.



Take good care of chronic conditions



Get recommended vaccines

## 2 | PRACTICE GOOD HYGINE

Remember to **wash your hands and keep cuts clean.**



Handwashing



Keep cuts clean until healed.

## 3 | KNOW THE SYMPTOMS

Symptoms can include a combination of any of these:



Confusion or disorientation



Shortness of breath



High heart rate



Fever, or shivering, or feeling very cold



Extreme pain or discomfort



Clammy or sweaty skin

## 4 | ACT FAST

Get medical care **IMMEDIATELY** if you suspect sepsis or have an infection that's **not getting better or is getting worse.**

**Always remember, sepsis is a medical emergency. Time matters.**

To learn more about sepsis and how to prevent infections, visit **[www.cdc.gov/sepsis](http://www.cdc.gov/sepsis)**.